

FREE
Take One!

West Valley Bulletin Board

West Valley Bulletin Board, LLC

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Staci Coker & Nicole Pugh • Email: bulletinwestvalley@gmail.com • (503) 687-3000 • 136 E. Main Street, Sheridan, OR 97378

SHERIDAN CHRISTMAS LIGHT PARADE



INFORMATION

Line up - City Park at 5PM

All are welcome to join whether using motorized vehicles, four legged vehicles or your own two legged vehicle.

Walkers will receive a Christmas light necklace.

Parade ends at the Sheridan High School where Sheridan Rotary will be hosting free hot cocoa to warm you back up.



Santa will be there too, double checking on what the kids want for Christmas.



Yamhill Community Care Awards Three Million to Local Organizations

Yamhill Community Care (YCCO) recently awarded more than \$3.19 million to 18 local community-based organizations through its aligned Community Health Improvement Plan (CHIP) and Community Prevention Wellness (CPW) Fund initiative; Supporting Health for All Through Reinvestment (SHARE) program; and a general administrative grant to support member outreach during the federally mandated redetermination process, in which members need to renew their Oregon Health Plan benefits.

Proposals addressed CHIP priority areas, including nutrition, housing, emergency preparedness, access to health care, transportation, infants and youth, mental health, and substance use. The CPW grants specifically

address evidence-based primary prevention projects within the CHIP focus areas.

"We are committed to fostering a healthier and more connected community through strategic investments and collaborations," said Seamus McCarthy, President & CEO of Yamhill Community Care. "We are proud to partner with this year's recipients and are excited to see how their innovative and impactful programs make a difference in our community."

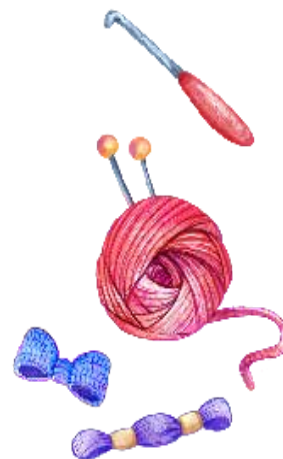
Earlier this year, the YCCO Board of Directors approved additional SHARE grant funding of \$609,500 towards the AnyDoor Place Navigation Center, a collaboration between the City of McMinnville and Yamhill Community Action Partnership.

Sheridan Museum FESTIVE HOLIDAY



Bazaar

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9AM - 4PM

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**WHAT'S UP
IN WILLAMINA**
by mary jane

Employment

CITY OF SHERIDAN JOB ANNOUNCEMENT Public Works Maintenance Worker II

The City of Sheridan is seeking a qualified individual to serve as a Full Time Public Works Maintenance Worker II. The Public Works Maintenance Worker II performs a variety of manual labor work associated with the operation, maintenance, and repair on city land, facilities, buildings, and infrastructure. The Public Works Maintenance Worker II performs construction and repair of the streets, roadways, and city sidewalks. For details and a complete Position Description, visit the City's website www.cityofsheridanor.com. Open until filled.

CITY OF SHERIDAN JOB ANNOUNCEMENT Public Works Maintenance Worker I/Parks Maintenance

The City of Sheridan is seeking a qualified individual to serve as a Full Time Public Works Maintenance Worker I/Parks Maintenance. The Public Works Maintenance Worker I/Parks Maintenance performs a variety of manual labor associated with the operation, maintenance, and repair on city land and buildings, with a focus on parks and landscaping. For details and a complete Position Description, visit the City's website www.cityofsheridanor.com. Open until filled.

Employment

CITY OF SHERIDAN JOB ANNOUNCEMENT Water Treatment Plant Operator

The City of Sheridan is seeking a qualified individual to serve as a Full Time Water Treatment Plant Operator. The Water Treatment Plant Operator performs technical duties associated with the operation and maintenance of the City's Level II water treatment plant and related facilities and assists with ensuring the compliance of the treatment plant with regulatory agency requirements and water quality standards. For details and a complete Position Description, visit the City's website www.cityofsheridanor.com. Open until filled.

River Park Senior Living is now hiring for an RN, caregivers, med-techs, and a housekeeper. Wage DOE, come in to apply, or email your resume to bailey.west@ag-ingways.com. (c)

Pacific Fir Lumber has several great mill jobs for people who will come to work every day, on time, and put in a solid day. Great work environment. Apply in person at 355 SW Mill St, Sheridan. (c)



Services

Flawless Pressure Washing. Revitalize your home's appearance with our driveway cleaning and exterior house washing services. Say goodbye to stubborn mold and dirt, and hello to a fresh clean appearance. Contact us today at 503-779-5030. (c)

For Sale

For sale: Mobile home axles/wheels from new house. 2 axles, 1 with brakes, tires and tongue \$300. 3 axles \$400. Sheridan 971-237-7745. (c)

Whirlpool washer \$25. Aprox. 7 years old. Works great. You haul. Call 503-338-8289 or 503-883-1780 (c)

Gosh, those kids from Delphi School sure can sing. It's too bad there weren't more folks there to hear them. They scooted off quickly after they finished singing but were given lots of smiles and thank yous. It was chilly, but at least it wasn't wet.

About an hour after the singing was the Willamina Lights parade. LOTS of lights and noise. Everyone seemed to be having fun. Seeing Santa INSIDE a fire truck at the front of the parade was odd, but he looked happy to be in Willamina, and the kids were glad to see him.

There were lots of big trucks full of lights. Even the fire trucks were covered with lights. It sure was different and a whole lot of fun. It's a great way to "kick-off" the holiday. Enjoying the holiday season is "What's Up in Willamina."



Calling All Angels

The Grand Sheramina Food Bank is looking for Angels. Angels of all sizes are needed! Big Angels and Little Angels. Angels that are always good and Angels that are only good some of the time!

The food bank has a storage room at the back of their building. It is poorly insulated and poorly sealed from the outside. It's hot in the summer but much worse in the winter; it's freezing cold to work in right now.

The Food Bank has contacted very cost-conscious contractors who have given their very best bids. The room needs insulation, drywall, a new garage door and miscellaneous repairs. Total improvements will cost \$9759.

If you can donate, any amount will help. \$10 is great, \$10,000 is better. Please drop donations off at The Grand Sheramina Food Bank or you can use your Debit or Credit card! They just got a credit card machine! Donations are also accepted at The Bulletin and at First Federal Bank in Sheridan. You can also mail a check to P.O. Box 536 Sheridan OR 97378.

We would like to thank Hampton Lumber who has donated the first \$1000 towards this project.

Naughty or Nice we will kindly accept your donations for this project.

HIRING NOW!

Pacific Fir Lumber

Signing Bonus* Attendance Bonus* Benefits

Millwright: Do you have a passion for maintaining and repairing machinery? If you are experienced in diagnosing and fixing mechanical issues, we invite you to apply.

Mill Production: Seeking dedicated mill employees to join our dynamic team. If you are eager to contribute to the lumber production process, we want to hear from you. No experience necessary - we provide training.

Sheridan Building Materials

Attendance Bonus* Benefits

Are you passionate about home improvement and construction projects? Seeking dedicated individuals who thrive in a customer-focused environment and are excited to assist customers in finding the perfect materials for their projects.

December is a Popular Month for Movie Releases, 2023 is No Exception



pany.
2015: "Star Wars Episode VII: The Force Awakens," December 18th, \$936,662,225
2021: "Spider-Man: No Way Home," December 17th, \$814,115,070
2009: "Avatar," December 18th, \$785,221,649
2022: "Avatar: Way of Water," December 16th, \$684,075,767
1997: "Titanic," December 19th, \$674,396,795
2017: "Star Wars Episode VIII:

Moviegoers may be familiar with summer blockbuster season, but winter, and December in particular, also is a popular time to release highly anticipated films. Over the last several years, a number of successful films have had December release dates and gone on to earn hundreds of millions of dollars at the box office. The following are the top 10 grossing movies that debuted in December in their respective years, and their total domestic box office revenue, courtesy of The Numbers, a data and research services com-



The Last Jedi," December 15th, \$620,181,382
2016: "Rogue One: A Star Wars Story," December 16th, \$533,539,991
2019: "Star Wars: The Rise of Skywalker," December 20th, \$515,202,542
2017: "Jumanji: Welcome to the Jungle," December 20th, \$404,508,916
2003: "The Lord of the Rings: The Return of the King," December 17th, \$379,021,990
 Some highly anticipated films scheduled for release in December 2023 include:

- Renaissance: A Film By Beyoncé
- Silent Night
- Friday, December 8**
- The Boy and the Heron
- Friday, December 15**
- Wonka
- Friday, December 22**
- Aquaman and the Lost Kingdom
- Migration
- Anyone But You
- The Iron Claw
- American Fiction
- Monday, December 25**
- The Color Purple
- Ferrari
- The Boys in the Boat



Friday, December 1

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Annual Scout Christmas Tree Sale

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The sale begins Nov 25
 M-F 4-7 pm
 Sat-Sun 12 noon-7 pm

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Please help support our Scouts this holiday season.



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A Message from the Sheridan Superintendent

Dear Sheridan Families,

Students in our community continue to struggle with substance use. During the 2022-23 school year we had 25 disciplinary hearings with individual students grades 4 - 12 all related to vaping. Currently, Sheridan School District is working with the Confederated Tribe of Grand Ronde (CTGR) and the Yamhill County Health Department to implement programs that prevent substance use and intervene early.

What we have discovered is that students (and some adults) consider vaping to be a better option to smoking a cigarette. However, this is not the case. One vape cartridge has the same amount of nicotine as a pack of cigarettes. E-cigarettes or vapes can have a negative impact on students' physical and mental health, including nicotine addiction. Vaping nicotine also increases the chance that students will vape other substances.

Our prevention includes Red Ribbon Week, in collaboration with the CTGR (thank you for the T-shirts!) and CATCH My Breath program for high school students. This program is an anti-vaping curriculum delivered by Yamhill County Health Department.

To intervene, the District is beginning to offer another choice to students. Instead of a lengthy suspension, students can participate in a program called INDEPTH. This program provides students with education and support about the risks of vaping with the goal of education and reducing the amount of time a student misses school. Students who are addicted to nicotine or other substances receive additional levels of support through the Yamhill County Health Department and local law enforcement.

We want our students to know the risks involved with substance use and to care about their own health. Sheridan School District greatly appreciates the CTGR Youth Empowerment Team and the Yamhill County Health Department for their support of our substance use prevention efforts. If you would like more information about these services, please contact either myself or Alanna Russell, School Health Management Coordinator and District Nurse.

Alanna Russell, MN, RN

Dorie Vickery Ed. D,
Superintendent
Sheridan School District
School District Office: 971-261-6959
Sheridan High School: 971-261-6970
Faulconer Chapman School: 971-261-6960

Quick Tips to Kick the Common Cold



The common cold is appropriately named. According to the American Lung Association, adults get an average of two to four colds per year while children typically get between six and eight colds annually. Colds indeed seem an inevitable part of life, and that may be even more so during winter.

Though colds can strike at any time, Johns Hopkins Medicine notes that the increased incidence rates of colds during cold seasons like fall and winter may be attributable to the increased amount of time people spend indoors. Extra time indoors means individuals spend more time in tight quarters with other people, which is notable because colds are highly contagious. There might not be a way to avoid colds this winter, but Johns Hopkins notes there are some strategies that can help treat a cold and potentially lessen its severity.

- Hydrate. A concerted effort to stay hydrated can help your body fight the cold and potentially make you feel better by easing congestion. When a cold strikes, make sure you drink plenty of the right fluids, which include water, decaffeinated tea with lemon, and broth. Caffeine can cause dehydration, so avoid coffee and caffeinated teas and sodas. Throat-soothing warm liquids like tea and broth can serve dual functions for those whose colds include a sore or dry throat.
- Gargle with salt water. Though

it may seem like an old wives' tale, gargling with salt water can effectively alleviate the pain and swelling of a sore throat. Johns Hopkins recommends a saltwater gargle with about one teaspoon of salt per cup of warm water.

- Utilize a humidifier. Johns Hopkins notes that cold air holds less moisture than dry air. Dry air can worsen symptoms associated with sore throat, so a humidifier can be used to make indoor air more moist and therefore more soothing to a sore throat. Johns Hopkins also reports that dry nostrils are more vulnerable to viruses, so employing a humidifier in winter may help your body more effectively fend off cold viruses.

- Get plenty of rest. Sleep helps to strengthen the body's immune system, making it more effective at fighting off and overcoming the cold virus. Johns Hopkins recommends adults get between eight and 10 hours of sleep when they come down with a cold.

- Avoid unproven "treatments". Some cold treatment techniques are ineffective at combating cold viruses. Johns Hopkins notes that antibiotics are designed to treat bacterial infections, not viruses. In addition, there is little evidence suggesting zinc and vitamin C have any impact on cold viruses.

Colds may be inevitable, but knowing what to do when a cold strikes may help reduce the severity and length of the common cold.

 **Angel**
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Willamina Chamber is taking December break.
The next Willamina Chamber meeting will be held at 8 a.m., on Wednesday, Jan. 10, 2024 at the Willamina Free Methodist Church. The next EID meeting will be held at 8 a.m., on Wednesday, Jan. 3, 2024, at the WFMC

Special thanks to all the many volunteers that made possible the City Tree Lighting, WVFD Christmas Stories, Christmas Lights Parade and visit from Santa, a Grand Celebration!

AMERICAN LEGION POST 75 SHERIDAN

Submitted by
Commander
Martin Attebery

Service Officer Available
Post Service Officer, Bobbi, is at the Legion hall on Tuesdays and Thursdays to assist Veterans with advice and paperwork. She has been very helpful with working with several Veterans to qualify for benefits.

Morning Coffee

Starting in January we will be having a morning coffee meeting at Cafe. All Veterans, members or not, will be welcome to join. Discussions will be whatever the group decides.

Bingo At The Legion Hall

Every Friday night come on down and enjoy Bingo with friends. Doors and kitchen open at 5:30; bingo starts at 6:30. The kitchen will be open offering a variety of goodies.

"Is life so dear, or peace so sweet, as to be purchased at the price of chains and slavery? Forbid it, all mighty God! I know not what others may take, but for me, give me liberty or give me death."
~Patrick Henry (1775)

Age-based Guidelines for Buying Toys and Gifts

The holiday season involves making holiday gift lists and checking them twice, or even more frequently to ensure that gift-givers find the best fit for recipients. While age may only be a number in certain instances, when it comes to gifting, age should be a consideration - particularly when kids are involved.

The Consumer Product Safety Commission reports that an estimated 86,000 children treated for toy-related injuries each year are younger than five. Toy-related injuries are preventable, and prevention often comes down to choosing age-appropriate toys for kids.

Toys can be choking hazards when small toys or those with small pieces are given to children who are too young to use them safely. Kids are curious and often put items in their mouths. Choking is the fourth-leading cause of unintentional death in children under age five, indicates The Emergency Center. Falls, eye injuries, drowning, and motor accidents are leading causes of gift-related injuries. Here's how to select age-appropriate gifts.

- Read the packaging carefully. Most toys and other children's products will come with an age range recommendation. While some kids may be mature beyond their years, it's best to choose gifts that fall within the recommended range. This is particularly the case for infants, toddlers and any child under the age of five.



- Avoid fad gifts. Children often want the latest and greatest gadgets and toys for gifts even if they are not the smartest choices for their ages. Resist the urge to buy something just to be the "cool parent or grandparent," especially if it isn't age-appropriate. Mermaid tails became popular in recent years, and likely will see increased presence thanks to the home-viewing release of a popular live-action mermaid movie. However, they limit movement and can make swimming more difficult, potentially increasing risk of drowning.

- Provide safety gear. As children

age, they may be more interested in gifts that appeal to hobbies and abilities. Scooters, bicycles, skates, and other items are popular among older children. These gifts should only be purchased for those with proven ability, and even then, accompanied with the appropriate safety gear. This can include helmets, knee pads and eye protection.

- Consider waiting before gifting certain electronics. Although children may be able to use devices safely, there are many who advocate for waiting to give young children smartphones and tablets due to the consequences of excessive screen time. The American Academy of Child and Adolescent Psychiatry says children ages two to five should limit non-educational screen time to about one hour per weekday and three hours on weekend days. Children should be encouraged to pursue healthy habits that limit use of screens, so gift-givers can look for gifts that help to this end. Age-appropriate gifts ensure safety for the youngest people on holiday gift lists.

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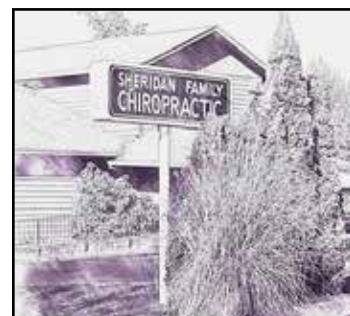
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Spacious area on 1/3-acre corner lot! Includes 4 bd, 2 ba & 3 partial finished bonus rooms, family room, 2 fireplaces, bamboo flooring & covered ceilings. Updated kitchen with granite & SS appliances included. Fenced in garden area, private fenced backyard, covered patio, hot tub, mature landscaping, fruit trees, garden shed & chicken coops. \$396,000.



SALE PENDING!

Traditional or modern home built in 2017 boasts an open great room floor plan, double covered back deck, kitchen w/eating island, digital heat pump water heater and ductless heat pump-mini split heating & air conditioning system with remotes. \$385,000.



SALE PENDING!

BRAND NEW BY BIGELOW CONSTRUCTION! Well-built home two story home with nearly 1600sf. 4 bedrooms, 2.5 baths. Spacious great room, laminate and carpet flooring, knotty alder cabinetry and quartz countertops throughout the home, all on a huge quarter acre cul-de-sac lot! Buyer represented \$415,000.



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NEW LISTING!



4.93 acres on a dead end road. Come enjoy the country and the wildlife. 4 bedrooms, 2 full baths, main bed has one large walk-in closet, two sinks, soaking tub and shower. Bonus room could be office/5th bed (no closet). Kitchen with island, walk-in pantry. Family room sliding door that goes out to big backyard. Two storage sheds, Large front covered deck, big front yard, two seasonal ponds, fruit trees, and one dog house. Grand Ronde \$385,000.

NEW LISTING!



5 Acres ready to build your dream home. No utilities on property, they are at the road. Owner has started to put up a pole barn/shop has it framed only. Owner has metal for the roof but not installed. Dallas \$285,000

NEW LISTING!



Beautiful three bed, 2.5 bath home in a great neighborhood. SS appliances in kitchen, wood flooring throughout, granite countertops, pine cabinets, with soft close doors and pull outs, living room with gas fireplace, office/library with lots of shelves, both family room and living room have carpet, a few skylights to let the natural light in, big walk-in closet in MB. Home has forced gas furnace heat and AC last serviced Sept. 7th. Two car garage with garage openers, large back yard with deck and patio. Gresham \$625,000

PRICE REDUCED!



Hebo Rd- River front property with a 45x50 shop/barn. House was removed. Water and power on property. Shop/Barn has 200amp power supply. North property line is in the River. Semi secluded surrounded by private timber property. Has new permitted septic. \$300,000.

Hofenbredt Realty LLC



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100 Years Ago This Month: Historical Events from December 1923

The month of December has been home to many historical events over the years. Here's a look at some that helped to shape the world in December 1923.

- The Gleno Dam bursts in the Province of Bergamo in the Lombardy region of Italy on December 1. More than 350 people are swept away and killed in the villages of Bueggio, Corna and Dezzo.
- Universal Pictures releases the film "The Darling of New York" on December 3. The film is the first to feature five-year-old

Peggy-Jean Montgomery, also known as "Baby Peggy," who would soon be earning an annual salary of \$1.5 million.

- Charles Keating is born on December 4 in Cincinnati, Ohio. Keating would ultimately become one of the more infamous figures in American finance when he plays a prominent role in the savings and loan crisis of 1989.
- Kentucky Governor Edwin P. Murrow commutes the death sentence of convicted murderer Steve McQueen on December 5. McQueen was a juvenile at the time of the crime and Governor Murrow had received numerous requests to commute the sentence, which he did just days before his term as governor was due to end.
- On December 6, Winston Churchill is defeated in his attempt to be elected representative of Leicester West in a general election.
- The Reichstag of the Weimar Republic votes to pass an enabling act on December 8. The act, which garners 313 votes to just 18 dissents, gives Chancellor

Wilhelm Marx the power to implement emergency economic and welfare measures. The act lasted until the dissolution of the Reichstag in March 1924.

- The National Dairy Products Corporation, which would ultimately become a conglomerate now known as Kraft Heinz, is founded on December 10.
- A 5.3 magnitude earthquake strikes near the Colombia-Ecuador border on December 14. More than 300 people are killed and the Colombian village of Cumbal is destroyed.
- The Liberal Party of Greek Prime Minister Stylianos Gonatas wins control of the parliament on December 16. Gonatas' party ran on a platform of abolishing the monarchy.
- James D. Cummings and J. Earl McLeod of Washington, Kansas, file a patent application for their invention, the bulldozer, on December 18. The patent is granted on January 6, 1925.
- On December 18, American congressman Andrew Volstead tells a law enforcement conference in Minnesota that the American people were giving up their opposition to the Volstead Act, which established the prohibition of alcoholic beverages. In his remarks, Volstead predicts the act will never be repealed.
- King George II of Greece and Queen Consort Elisabeth leave the country on December 19.

Their departure is in compliance with the Greek government, which abolishes the monarchy three months later.

- Nine farms in Goodhue County, Minnesota, receive electricity for the first time on December 24. The delivery of electricity is part of a project to demonstrate the economic feasibility of rural electrification in the United States.
- On December 24 in Washington, D.C., United States President Calvin Coolidge presses a button and turns on 2,500 electric bulbs, thus beginning the tradition of the National Christmas Tree.
- Prince Regent Hirohito of Japan survives an assassination attempt on December 27. The perpetrator, 24-year-old student Daisuke Namba, is the son of parliament member Sakunoshin Nanda. Namba is hanged on November 15, 1924.
- The first patent application for Russian-born American inventor Vladimir Zworkin's "Television System" is filed on December 29. The patent is eventually granted on December 20, 1938.



SATURDAY NIGHT BINGO
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Word Scramble

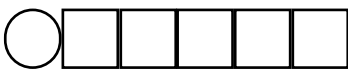
Use the letters below to unscramble the words related to Pastries (National Pastry Day 12/9). Place the letters from the circles on the dashes above the riddle then unscramble them to solve the riddle.



C O S I T N A S R



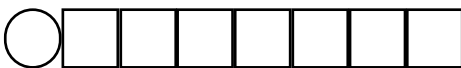
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I D H N A S



E C P E R



P A M A A D N E

Last weeks answers:
Ornament
Nativity
Lights
Poinsettia
Tinsel
Mistletoe



What do you call a baker that quits?



Continuing to Honor the Memory of Pearl Harbor

While some things are lost in through the years, the attack on Pearl Harbor 82 years ago on Dec. 7th, 1941, will not be one forgotten in time. As history continues to become a part of the past for all of us, those who were first hand witness to that fateful day are becoming fewer. With the passing of Ken Potts earlier this year at the age of 102, Lou Center who is now 101 years old, is the sole remaining survivor that was stationed aboard the battleship USS Arizona. Lou says he still vividly remembers that day when a bomb made its way through 5 decks of the ship before exploding.



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Grand Ronde

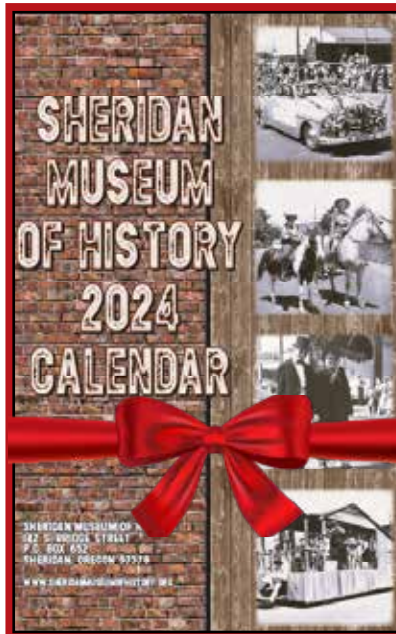
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Nestled in the bays of the West Valley Fire District Station 8 in Willamina, fire engine lights and sirens were traded for Christmas lights and stories. Sixty parents and children sat down enjoying a reading of "A Firehouse's Night Before Christmas," just before the start of the Willamina Light Parade. The story is an adaptation of its similarly named classic Christmas poem with a firefighter twist, saving a family from a fire before the snow has a chance to melt, thanks to the fire safety practices put into place. R.C. Mock, Battalion Chief from Grand Ronde Emergency Services, read the story to the attentive crowd as fellow first responders of the West Valley Fire District watched on.



The Sheridan Museum of History's
2024 Calendar
a Tribute to
Phil Sheridan Days
featuring photos from the
Frances Bradley Collection
is now available for purchase.

Available at the museum
10 a.m.-3 p.m. Saturdays
142 S. Bridge Street
or
The West Valley Bulletin Board
136 E. Main Street • Sheridan
10am-5 p.m. Mon.-Thur.
10am-4pm on Friday

Non-Members: \$15 each
(3 or more \$12 each)
Members \$12 each
(3 or more \$10 each)

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celebration in Sheridan.
on Saturday, November 27.

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Sheridan's Christmas Lights Parade

Join the Parade!
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Saturday, Dec. 9 • 6:00 PM

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Pets with Santa Pictures



At the West Valley Mercantile

Saturday December 9, 12:30-2:30 pm
342 S. Bridge St. Sheridan

Photos are complimentary with your device. Donations are suggested onsite for the small animal rescue fund.

Christmas

Sheridan Park
Saturday • Dec 9
Community tree lighting
at Sheridan

Santa, Mrs. Claus, Elv
will be there with treats, t

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Christmas
Decorating
Contest
for all
Businesses

To Enter: Decorate your business

- Email your business name, address and contact information to Christmasinsheridan@gmail.com
- Deadline to enter is December 14
- Voting for the best decorated business will be open Dec. 16-24, in conjunction with the Deck the House contest
- Participants will be encouraged to view businesses during the main event on Dec. 16
- Prizes will be awarded for the winner



in Sheridan

ade of Lights
ember 9 • 6:00pm
g will follow the parade
High School.
ves and other helpers
oys, hot cocoa and music.



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and friends who have shown us so
much kindness and support all year.
Thank you!*

Hey kids!
Don't Forget
to Write Santa
a Letter!

Drop your letter to
Santa
in the special mailboxes
at The Bulletin Board,
Sheridan City Hall, and
Sheridan Pharmacy
from Dec. 6 through Dec.
16 so Santa will have
time to answer your
letter. Make sure to put
your address on your
Letter for Santa.

Deck the House 2023

Deck The House will kick off
with Hurricane Coffee at
6 p.m. on Saturday, Dec. 16
*\$2 Hot Cocos
*Egg Nog Lattes (price per size)



It is time for Sheridan's Deck The House
Light Tour!
It's Easy to Enter and Win!

- Decorate your home.
- Send your address to Bulletinwestvalley@gmail.com • Or call Staci Coker at 971.237.7083
- Your address will be listed on the official ballot & map of homes.
- Deadline to enter: Dec. 14, 2023.
- Voting will be open from Dec. 16-24 202.
- Ballots may be dropped off at The Bulletin Board. Digital maps / ballots will be available on Dec. 16

Sheridan's Christmas Bazaar

Friday & Saturday
December 8-9
9am - 4pm

Sheridan High School Cafeteria

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<p>Alfredo \$16⁹⁵ With Chicken \$18⁹⁵</p>	<p>Prime Rib \$19⁹⁵ <small>Reg. Cut</small> \$25⁹⁵ <small>Large Cut</small></p> <p>Pulled Pork Grilled Cheese \$15⁹⁵</p>
---	---

142 NW Main Willamina



Fruit Cake, Festive Facts You Must Know



Certain sights and sounds are ingrained in the holiday season, from twinkling lights to carols piping over retailers' sound systems. Amid the shelves of holiday wares and delicacies, fruitcake makes its annual appearance.

Fruitcake, sometimes referred to as plum cake or Christmas cake, can be prepared in various ways. However, a dense bundt-type cake dotted with dried, candied fruit and often soaked in rum or brandy has become the standard. Loathed or loved, seldom anything in between, fruitcake is typically mocked as the ultimate regift. But just like Charlie Brown's scant Christmas tree, which was initially mocked, it's time to see fruitcake in a new light. Consider these fruitcake fun facts.

- The texture of fruitcake can vary from cake-like to more of a sweet bread like brioche. Italians dig into panettone, Germans delight with stollen and Jamaicans serve black cake.
- The first fruitcakes weren't eaten. According to historians, fruitcakes were initially made by ancient Egyptians, who tucked the desserts into the tombs with their dead so a sweet treat could be enjoyed in the afterlife.
- Fruitcake gained popularity as military rations, as everyone from Roman soldiers to Crusaders found fruitcake provided a diverse array of nutrients and an energy boost in battle. Fruitcake also stores well, which can be beneficial for military personnel in battle.
- Fruitcake seemingly is indestructible. While it likely cannot

last forever, Tastemade says if a fruitcake is kept in an airtight container and stored in a dark, cool place, it could be reheated years after being baked. Starch crystals and dried fruit in the cake will release stored water when warmed, rehydrating the cake.

- Historical accounts indicate Romans were among the first people to eat fruitcake, which they might have enjoyed as early as 100 A.D. A version called "satura" was made by mixing stale bread with pine nuts, pomegranate seeds, raisins, and then soaking it in a barley mash and an alcoholic beverage brewed from honey.

- Fruitcake became a popular dish to serve at British royals' weddings. Queen Victoria, Princess Diana and Prince William served fruitcake at their receptions.

- The Smithsonian Air and Space Museum in Washington, D.C. has a fruitcake on display. It traveled into space on Apollo 11 in 1969, but was never eaten.

- Seth Greenberg, who worked in his family's New York City bakery, attests that fruitcake is delicious when made with the right ingredients. The neon-colored, dry and overly sweet fruit that many bakers use is the problem with poor cakes. But proper ingredients like brandy, glace cherries, apricots, figs, and dates can make for a delicious fruitcake.

- The average fruitcake weighs between two and three pounds. However, the heaviest fruitcake on record, according to "The Guinness Book of World Records," came in at 9,596 pounds. Despite the hefty weight of this cake, it's only around 92 to 160 calories per serving.

Regardless of its unfavorable reputation, fruitcake remains an unwavering holiday tradition. The website Serious Eats reports that more than two million fruitcakes are sold each year.

THIS DAY IN HISTORY



1279 - Discovery of a sarcophagus supposedly containing the body of Mary Magdalene in the crypt of the church of Saint-Maximin, southeastern France.

1524 - Pope Clement VII approves Organization of Jewish Community of Rome.

1787 - Pennsylvania becomes 2nd state to ratify US constitution.

1792 - In Vienna, Ludwig van Beethoven (22) receives 1st lesson in music composition from Franz Joseph Haydn.

1822 - Mexico officially recognized as an independent nation by US.

1858 - 1st Canadian coins circulated (1 cent, 5 cent, 10 cent & 20 cent).

1870 - Joseph Rainey (South Carolina) becomes 1st African American to serve in US House of Representatives.

1874 - Hawaiian King David Kalakaua is 1st king to visit the US as guest of Ulysses S. Grant at 1st US state dinner at the White House.

1901 - Guglielmo Marconi sends the first transatlantic radio signal, from Poldhu in Cornwall to Newfoundland, Canada.

1906 - Oscar Straus, 1st Jewish US government member, appointed Secretary of Commerce.

1911 - Delhi replaces Calcutta as the capital of India.

1914 - The largest one-day percentage drop in the history of Dow Jones Industrial Average, down 24.39%.

1915 - 1st all-metal aircraft (Junkers J-1) test flown at Dessau, Germany.

1930 - Baseball Rules Committee greatly revises the rule book, ball bouncing into stands not a HR, now a double.

1937 - NBC & RCA sends 1st mobile-TV vans onto the streets of NY.

1946 - 'Tide' laundry detergent introduced.

1946 - UN accepts 6 Manhattan blocks as a gift from John D. Rockefeller Jr.

1949 - AL votes 7-1 rejecting legalizing the spitball.

1953 - Chuck Yeager reaches Mach 2.43 in Bell X-1A rocket plane.

1955 - 1st prototype of hovercraft patented by British engineer Christopher Cockerell.

1957 - Willem J Kolff and his team at Ohio's Cleveland Clinic removed the heart from a dog and replaced it with a pneumatic pump which kept the dog alive for 90 minutes, proving the viability of the artificial heart.

1963 - Frank Sinatra, Jr returned by kidnappers after his father paid the \$240,000 ransom demanded.

1968 - Arthur Ashe becomes 1st black person to be ranked #1 in tennis.

1973 - San Diego files anti-trust against NL (stopping Padres move to DC).

1976 - Quarterback Joe Namath plays his last game with the NY Jets.

1977 - "Saturday Night Fever", film starring John Travolta, with music by the Bee Gees, premieres in NYC.

1980 - Apple makes its initial public offering on the US stock market - 38 years later it would become the first US company valued at over \$1 trillion.

1980 - US's copyright law amended to include computer programs.

1988 - NYC Subway system adds new stations (Z line).

1991 - NJ Nets set NBA record of 22 blocks beating Nuggets 121-81.

2018 - China built 88 out of world's 143 skyscrapers in 2018 more than any country ever (buildings over 200 meters/656 ft).

2019 - Deepest point on land on earth identified under Denman Glacier, east Antarctica at 3.5km (11,500ft) below sea level.

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The Many Benefits of Reading Regularly

There has never been a better time to be a reader. Self-proclaimed book nerds and those who look forward to the next book club gathering can rejoice knowing that a good story isn't the only benefit associated with reading. In fact, there are numerous health benefits to cracking a book.

information. This enhances both literacy and intelligence.

- Reading slows cognitive decline. Natural aging results in a decline in memory and brain function over time, but reading can help. According to research published in the journal Neurology, reading may help slow that process and keep minds sharp.

- Reading leads to higher intelligence later on. A study of 1,890 identical twins in the United Kingdom found that the twins who had early reading skills seemingly had more positive results for higher intelligence later in life.

- Reading improves concentration and focus. Technology draws a lot of attention, and those fast processing times and almost instant gratification can shorten attention spans. Reading requires undivided attention and focus, which can improve one's ability to concentrate.

- Reading can help a person relax. Reading may help reduce stress and even induce relaxing feelings so that a person can drift off to sleep. A 2009 study by Sussex University researchers showed that reading may reduce stress by as much as 68 percent. Furthermore, reading takes a person away from screens (provided they're reading paper books and not e-books), which can contribute to losing 20 minutes of sleep on average, according to research published in Pediatrics.

- Reading produces a sense of accomplishment. Reading anything from a newspaper article to a novel helps people check off measurable goals. When done reading a given piece, the mental boost from finishing can enhance your mood.

There are many reasons to curl up with a good book, as reading is beneficial to both mind and body.

- Reading is free entertainment. Provided a person gets books from a library or a loaner from a friend, reading is free. It's possible to educate oneself, travel to far off lands or even solve mysteries having making a major financial investment.

- Reading enhances literacy. Frequent reading introduces the reader to new vocabulary and



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The Library is closed Sundays and Mondays

Story Time • 10:30 a.m. For Young Adults
Every Friday morning! Y.A. Book Club....12/14 @ 4 pm
Activities Y.A. Writing Club....12/21 @ 4 pm

DIY Holiday decor, ornaments, crafts and cards.....Dec. 9 All Day
Crochet knit a hat day BYO supplies.....4 pm, Wednesday Dec. 20
Stuffed animal library sleepover..... Friday Dec. 22
Winter wonder painting event.....2:30 pm, Saturday Dec. 23

Christmas Party with Santa and pictures
Time T.B.A. Saturday, Dec. 16
X-mas Movie Saturday December 23.....3:30 pm
Holiday Closure: Tuesday 12/26 and Saturday 12/30

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Horoscopes Dec. 6-12

ARIES - Mar 21/Apr 20

Aries, if you work or spend time with an introvert, reach out to him or her and strike up a conversation. This person may only need a little nudge to become a good friend.

TAURUS - Apr 21/May 21

Taurus, a friendly competition that may have started out lighthearted is now starting to transform into something a bit more competitive. Dial it back a bit.

GEMINI - May 22/June 21

Gemini, things are starting to slow down in your life, and your to-do list has gotten shorter. Expect things to ramp up again soon enough, but enjoy the break for now.

CANCER - June 22/July 22

This is a good week to begin something that you've been thinking about tackling, Cancer. You'll have pep in your step and others willing to lend a hand if it is needed.

LEO - July 23/Aug 23

Leo, someone may offer you some honest feedback that is a little too raw for your ego at this point in time. You will simply have to take it with dignity and lick your wounds elsewhere.

VIRGO - Aug 24/Sept 22

You need to be the driving force on a project that will pop up, Virgo. Even though you're not sure of your readiness for this type of work, you can give it a good attempt.

LIBRA - Sept 23/Oct 23

Whatever you tackle this week, it shouldn't revolve entirely around money, Libra. Finances may have gotten in the way of things for some time; focus now on relationships.

SCORPIO - Oct 24/Nov 22

Don't let a dream you had put you all in a tizzy, Scorpio. That was just your subconscious working through some things and not a prediction of things to come.

SAGITTARIUS - Nov 23/Dec 21

Don't be shy about receiving credit for something that you did, Sagittarius. You deserve the recognition no matter how large or small the task. Celebrate all your victories.

CAPRICORN - Dec 22/Jan 20

You may be coveting something of late, Capricorn. However, only when you stop actively wanting that thing or person will you finally get what you desire.

AQUARIUS - Jan 21/Feb 18

Aquarius, your positive attitude is an asset in life. Even as challenges come your way this week, you can prove the naysayers wrong by maintaining your rosy outlook.

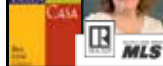
PISCES - Feb 19/Mar 20

Pisces, standing up for yourself this week is challenging, but you need to do it to get your point across. Don't worry, you have many supporters in your corner cheering you on.

Grand Ronde Man Sentenced to Over 35 Years in Prison

Shawn Anthony Cupp, 32, has been sentenced to serve 425 months (35.4 years) in prison after pleading guilty to three counts of Sex Abuse in the First Degree and three counts of Unlawful Sexual Penetration in the First Degree. The victims in these cases were three children, aged 7 - 13 at the time the offenses occurred. Cupp, of Grand Ronde, was sentenced by Polk County Circuit Judge Norm Hill according to Oregon's Jessica's Law and determinate sentencing laws. Cupp will not be eligible for any form of early release or sentence reduction. He will also be required to serve a lifetime term of Post-Prison Supervision upon his release and register as a sex offender.

The case was investigated by the Polk County Sheriff's Office, Grand Ronde Tribal Police, and the Lincoln County Sheriff's Office.



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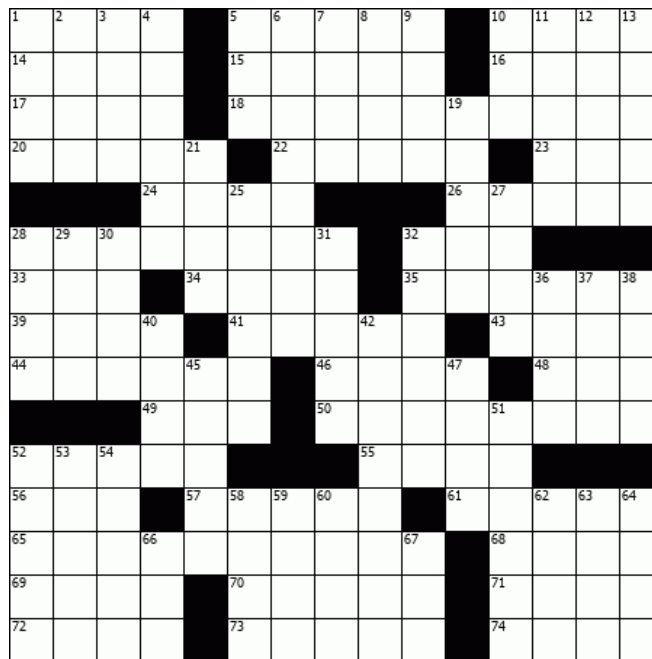
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CROSSWORD PUZZLE

Across

1. Fodder tower
5. Auto
10. Track circuits
14. Bloodhound's clue
15. Unattended
16. Butter substitute
17. Hero shop
18. Specific
20. Beauty shop
22. Sniff
23. Flying hero
24. For fear that
26. Proprietor
28. Small celestial body
32. Wind direction (abbr.)
33. Amtrak stop (abbr.)
34. Formerly
35. Sewing tool
39. Old West lawman
41. Organization (abbr.)
43. ___ in full
44. Verify
46. Door handle
48. Opposite of pos.
49. Gotcha!
50. Love song
52. Mr. Claus
55. Comedian Jay ___
56. Groom's response (2 wds.)
57. Florida City
61. Range
65. Country of origin
68. Release money
69. Native metals
70. "M*A*S*H" locale
71. Throat-clearing sound
72. Robin's residence
73. Ship's rear
74. Defective bombs



Down

1. Repairs lawns
2. Concept
3. Recline lazily
4. Baltimore athlete
5. Drain
6. Rubber bands
7. Student's quarters
8. Poker bet
9. Singer ___ Diamond
10. Yankee ___ Gehrig
11. Edgar ___ Poe
12. Freedom from war
13. More angry
19. Exact copy
21. Notorious emperor
25. Brahms piece
27. Sob
28. Adrift
29. EMT's word
30. Sour in taste
31. Writing tables
32. Repeat performance
36. Comedian ___ Carvey
37. Spoke falsely
38. Perimeter
40. Soil enricher
42. Brief joke (hyph.)
45. Dishonor
47. Affleck and Franklin
51. Pretty good (2 wds.)
52. Singer Paul ___
53. Dote on
54. Short messages
58. Bothers
59. Much (2 wds.)
60. Mother horse
62. Hawaiian island
63. Competed
64. Stately trees
66. Truman's monogram
67. Newsman ___ Rather

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Christmas Spirit Has Hit Sheridan Thanks to Volunteers



A huge shout out and thank you to Stuck Electric for placing Santa on the bridge and the snowflakes throughout town. For more than 30 years Stuck has volunteered the placing of Santa on the bridge.



Hebert Plaza Tree



The Delphian School is in full spirit. The lights and tree can be seen from Hwy 18 B and Rock Creek Road. Photo by student Jim Cao.

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writers-animators-theater-jewelers-sculptors
photographers-pottery-poets-woodworking
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Z M G G Z S E D A C S A C W Y J S T F R
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C D E S O L A T I O N P E A K C M R E T
J O N O S R E F F E J X F W K R A E T S
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Y L W C T T H I E L S E N O K C E E I T
N G B O N A N Z A P E A K R Q T N U K A

Fireplace Safety During the Holiday Season



Gatherings with family and friends are an integral component of the holiday season. Certain rooms in the house are on display more than others, with kitchens, dining rooms and living areas serving as popular places to congregate. Of course, fireplaces also serve as popular gathering spots in homes that feature them.

Lighting a fire in the hearth can make any space more cozy, but doing so comes with some hazards. Consider these fireplace safety tips in advance of the holiday entertaining season.

- Have the fireplace inspected and swept professionally. Prior to lighting the first fire of the season, ensure that a professional inspects the fireplace, chimney and venting to ensure everything is in good condition. The chimney also should be swept to remove excess debris and buildup that could pose a fire hazard.

- Keep items away from the fireplace. Wrapping paper, rugs, clothing, magazines, and the like should be kept at least three feet away from the flames, suggests the American Red Cross. Also, make sure decorations are

hung securely and a safe distance away from the fire.

- Check your smoke alarms. Be sure the home has working smoke alarms on every level of the house. And keep a fire extinguisher close to the fireplace.

- Never burn wrapping paper. Wrapping paper contains additives, like dyes, that make it burn extremely hot. Do not think of discarding wrapping paper by burning it in the fireplace.

- Keep the tree a safe distance away. Although it makes for the perfect Christmas photo backdrop, Christmas trees and fireplaces should not be near each other. Also, the Christmas tree is not safe to burn in the fireplace after the season, as the wood has not been properly dried or seasoned.

- Use a screen on the fireplace. Make sure the fireplace is properly covered by a screen to stop embers from escaping when the wood pops and sparks. The screen also can help keep decorations and other objects from falling into the fire.

- Keep the fireplace clean. Promptly remove any ash and debris from the fireplace after it has cooled to improve indoor air quality and provide greater control over the next fire when it is burned, advises the American Society of Home Inspectors.

Fireplaces bring warmth and add ambiance to a home, particularly during the holidays. But safety must prevail when lighting fireplaces.

Last weeks crossword solution

T	O	T	S		A	R	I	A	S		A	L	P	S		
I	D	E	A		C	A	R	L	O		C	O	O	L		
N	O	N	F	I	C	T	I	O	N		R	I	P	E		
G	R	E	E	C	E		S	E	A	S	O	N	E	D		
E	S	T		E	N	D		R	E	P						
					S	T	E	P	S		N	O	B	E	L	
G	A	L	A		S	T	A	T			O	L	I	V	E	
A	C	I	N	G		E	R	R			R	I	T	E	S	
S	H	E	E	R		S	K	I	S		S	E	N	T		
H	E	N	C	E		T	A	P	E	S						
					D	E	E			E	M	U		M	A	T
S	A	Y	O	N	A	R	A			I	M	P	E	D	E	
A	L	O	T		R	E	C	O	N	S	I	D	E	R		
G	E	R	E		L	I	N	D	A		L	I	P	S		
A	S	K	S		S	N	E	E	R		L	A	T	E		



THRU RAIN AND SLEET Polk County Road crew is hard at work on reworking Red Prairie Rd., which will be an all-paved route by next summer. Base rock and top rock are going on the old, graveled section. Several miles of graveled road will be paved eventually and one sharp, 90-degree curve will be eliminated.

Red Prairie Road Work to Start

Motorists on Red Prairie Rd. may look forward to a smoother ride next fall if paving plans continue as scheduled. Polk County Road Superintendent John Gorman said Tuesday a base coat of river rock and fine crushed gravel is now being applied to the unpaved south end of the road and the surface is to get "two shots"

of oil next summer. Thus, the entire strip of road from Hwy 22 to Hwy 18 will have the same type of surface.

"We ask that the public be patient with us until the project is complete," Gorman said.

The road improvement project will also include the easing of the dangerous, 80-degree curve.

Junior Class Rehearsing Comedy, 'The Stuck Pot'

Rehearsals have begun for the junior class play, "The Stuck Pot," a light comedy to be presented at Sheridan high School November 20 at 8 p.m.

Complications arise between the young ladies of Worthington's Women's Academy and the boys of the Jason School for Boys with "The Stuck Pot" being the focal point of trouble. Play director is Mrs. Fern Eberhart with student assistant director Debbie Barnett. The junior drama class is in charge of make-up; Deanna Brunett is prop-tress and in charge of props; and Tinker Melonuk, Jay Wells and Vance Elliott are stage managers.

The cast is Dean Louise Taggart, Roberta Guttry; Grace

Sedgewick, Karen Hawk; Willard Sedgewick, Al Cinnamon; Alice Ann Sedgewick, Karen Akerson; Mary Jane Tompkins, Debbie Clark; Gail Treat, Patti Aaron; Kay Emerson, Brenda Peterson; Dr. Jacoby, Marty Watson; Amy Caldwell, Glenna Grover; Lucile Coulter, Sandra Forrest; Julia, Janice Kadell; Ruth, melody Markee; Alberta, Jane Simonson; Eunice, Dana Fuller; Ida, Ann Scott; Joan, Holly Graves; Martha, Rhonda Madison; Edward Mott, Richard Sherman; Hubert Faurelly, Larry McKinley; Grant Weston and character "Boy," Brent Agee; Bob, Vance Elliott; Jim, Jay wells, Bill, Tinker Melonuk; Merilee, Diane Wilson; and June, Terre Lillian.

No Headway on New Library Site

No headway was reached with regard to a site, for the new Sheridan library in a joint city meeting Wednesday night of last week.

Present for the meeting at City Hall were members of Sheridan City Council, Sheridan City Planning Commission and Sheridan Library Board.

Tempers flared, faces reddened and nostrils distended during the course of the meeting.

One councilman and one planner took issue with remarks of Mayor Art Hebert during opening remarks.

Hebert had mentioned "hearsay remarks of the planning commission heard on the street corner." Councilman Bob Cole who said, "I get tired of hearing that kind of baloney," remarked that he had brought back a report of the planning commission to the council. Werner Stork, a new member of the Sheridan City Planning Commission, shortly thereafter took issue with the mayor's remarks and echoed Cole's "baloney" remark, then added he was leaving the meeting. Stork later remarked that he had "lost my cool."

Hebert complained that he had asked for a general study of a city complex but had only received back from Cole a report on where the fire station should be and where the library should be located.

Cole as well as other councilmen and planners declared the ideal location for a fire station was on Legion property, the site of a local controversy over which the meeting had been called. The property in question had been decided to the city by Sheridan American Legion Post with the intent that it be used for a library. Sheridan Library Board went over its problems during the course of the meeting and noted the lack of communication it had with not only the council but the planning commission.

Mrs. Alta Bradley related that the library board had met with its architect several times over the proposed new location and had shown the property to a rep-

resentative of the State library Board.

The property so earmarked by the Legionnaires for a library site had met with general approval, she noted.

The question of off-street parking came up but Otto Heider, a representative of Sheridan American Legion, pointed out it was the intent of the Legion to share joint parking on property at the rear of the present Legion Hall with the proposed library. The library site is located on n. Bridge St. to the south of the Legion Hall.

The property is in deteriorated condition because of a portion of the Legion Hall now not in use. Heider indicated that it would cost \$2,000 to \$3,000 to remove portions of an old building, to shore up the south wall of the Legion Hall and to make necessary repairs to the roof of the latter building.

Planners had decided that city-owned property on the corner of NW Washington St. and NW Yamhill would be best suited for a library.

However, the library group informed the council and planners that such a site would not qualify for federal library aid.

Library aid from the federal government, according to Mrs. Bradley, could amount to as much as 51 percent. The land for such a government-aided building, however, had to be acquired within two years of approval for funding, she said.

Cole, who had led a movement several weeks back to have the gift site returned to the Legion and condemnation ordered for the older portion of the building state:

"I have no objection to what happens to the property... I have my doubts that the city owns it now... I want to see the old building torn down."

The upshot of the meeting around two hours' deliberation was that a city commission meeting on October 27 will meet with the Yamhill County planning director and, if possible, a representative of the League of Oregon Cities.



SHERIDAN SUN

Truth is always the strongest argument - Sophocles

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